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In the Heart of Virginia's Dark Tobacco Belt
Appomattox, Virginia

ESTABLISHED 1892

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THE HURRICANE FUROR

We recently saw an article advising everyone to prepare for the 1956 hurricane season. Among other things, it was suggested that one should keep his radio on, tie down furniture, be prepared to board up homes, and so on.

While this may be good advice, if the main force of a hurricane is headed in one's direction, or even if there is a good chance that it will strike, such wholesale precautions, at this stage, are a little too overdramatic, a little too much of the "Hollywood" stuff.

In the same article, readers were warned not to venture out of their places of shelter when the eye of the hurricane passed over, since the lull would be deceptive and since the storm would strike back unexpectedly, after the lull. While this is basically true, it will probably result in keeping thousands of people in their homes, during imagined lulls, and so on.

First, it should be remembered that all sorts of plans have been made at considerable cost to affect an accurate warning system. This warning system is now in effect, and is to be tested for the first time this season. In view of the melancholy experiences of recent years, there is reason to believe that the course of hurricanes will be charted more accurately this year.

Therefore, only a small segment of the population of the country will be affected, and no one need hide in a cellar, or build himself a bomb shelter, at this stage of the game. Nor should he fill up the bathtub with water at the onset of a hurricane, as has been suggested, unless he plans to take a bath.

* * * * * * * * * *

GOODWILL IS THE ANSWER

In any community suffering from acute social problems, a clashing of interests, or other growing-pains, the community will benefit if parties to disagreements maintain an attitude of goodwill toward their fellowmen.

It should always be remembered that in this community, as in every other community, we must live and work together, day by day. Statements, reflecting bitterness or selfish views do not accomplish anything in the way of harmony, progress or better living and working conditions.

On the other hand, if one's views are expressed through the medium of goodwill and fairness, even divergent views can be expressed without stirring antagonisms, prsonal resentment and bitterness. This is something all of our citizens should keep in mind, in seeking to make this community a better place in which to live and work.

It should also be remembered that one loses his effectiveness by assuming an extremist, or radical, approach to any problem. A patient, fair-minded approach will usually develop support among the majority of citizens, who almost always favor moderation.

Our problems are mutual, and can be worked out in a spirit of goodwill.

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GROWING OLD?

A recent analysis of achievements of four hundred famous men throughout history, whose accomplishments came in the fields of politics, government, painting, military life, writing and other categories, is highly encouraging to all those who think they are growing old.

The study revealed that more than one-third of the four hundred famous men achieved their greatest accomplishments after they had passed the age of sixty. Another surprising tfenty-three per cent scored their greatest success in life after they had passed the age of seventy.

In other words, more than half the four hundred men achieved their fame after they were sixty or seventy years of age. Eight per cent of the four hundred made their greatest mark in life after they had passed the age of eighty.

So, if you are discouraged, or feeling slightly battered at the seams, and your bones do not seem to be as active as they were when you were thirty or forty, remember that your greatest days may lie ahead. And, certainly the above analysis indicates that a person is only as old as he or she feels. Actually, one's mental attitude is the key to the problem of growing oldif such a problem develops.

* * * * * * * * * *

HOW TO SAVE GASOLINE

The automobile industry has offered a few tips to motorists designed to save gasoline. Since gasoline is already pretty expensive, and is going higher, these tips are timely.

One of the tricks in saving gasoline is to design your driving to be smooth and steady. That is, quick starts and stops should be eliminated, and one should try to maintain a steady pace on long trips.

Also, if speeds such as 50 to 55 are maintained rather than excessive speeds, gasoline will be saved, and the trip will require little more if any more time. It is also suggested that you look ahead at stop lights and adjust speed so that you will not be racing up to a red light, stopping, racing ahead to the next, and so forth.

Excessive engine idling is also cautioned against, as a gas consumer, and correct tuning of the engine, and the use of lubricants which are not heavier than those recommended will also save gasoline.

Sparkplugs affect gasoline mileage and should be kept clean — the motorist can do this himself very easily on most model cars. Another tip is that concerned with the grade of fuel your automobile uses.

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WAR OVER SUEZ?

The tide of events in the Middle East continues to be omnious, especially since several Arab nations have announced their unqualified support of Egypt, in its nationalization of the Suez Canal.

This means, apparently, that if the Big Three, or any group of powers, attempts to exert force to internationalize the Suez Canal, the Arab States will resort to unified military action, resisting such an effort.

If such a tragedy occurs, then it might be too much to expect Israel to sit by, idly, and allow the opportunity of a lifetime to pass. The Israelites, although they would not be justified in doing so, would probably strike to even the festering dispute with her Arab neighbors, especially Egypt.

What the Communists would do in such an eventuality is problemical, but it is highly likely that Russia might send aid to Israel's opponents, even if she did not interfere directly in the action around the Suez Canal.

All of which points to a go-slow policy on the part of the Big Three. It appears that the Big Three might already have lost something by hesitating too long. The 24 Nation Conference could possibly prolong itself in endless debate and indecision.

Time could be running out, and delay and talk may accomplish little. There has been evidence that the British stand ready for action to break the impasse, and the French may be willing to join hands with John Bull. However, the United States has held back, and this may eventually cost the democracies the Suez Canal.

THE BIBLE SPEAKS

International Uniform Sunday School Lesson

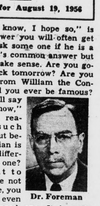
BY DR. KENNETH J. FOREMAN

Background Scripture: Matthew 6:25-34; I John 2:26-3:21.
Devotional Reading: Psalm 46.

"We Know"

Lesson for August 19, 1956

"I DON'T know. I hope so," is the answer you will often get when you ask some one if he is a Christian. It's common answer but it doesn't make sense. Are you going to be sick tomorrow? Are you descended from William the Conqueror? Will you ever be famous? You may well say "I don't know," for various reasons, to such questions. But being a Christian is something different. Are you one? You ought to know. You're not a perfect one, you may not yet even be a very good one. It is quite right to say you don't know just how much of a Christian you are, for only God knows that. But if you have ever decided for Christ, if you ever accepted Christ as Savior and Lord, then you are a Christian-by-intention. If you never settled that before, you can settle it before you read another line.



Dr. Foreman

"That You May Know"

There is one of the New Testament letters which has as its theme, "We Know." It was written by the same person who wrote the Fourth Gospel. In both the gospel and the letter, the author says plainly why he has written what he did. To the readers of the Gospel, John says, "These (things) are written that you believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name." (John 20:31.) Now there must have been a number of people back yonder, as there are now, were uncertain whether they really "belonged" as Christians, or not. If you asked them, "Do you believe?" they would say "Yes." If you asked them, "Are you sure you have eternal life?" they would say, like their modern descendants, "I don't know, I hope so." John writes to just such people, so that they won't have to give such a timid uncertain answer any more. "I write this to you who believe," he says, "—that you may know that you have eternal life." (I John 5:13.)

"By This We Know"

You know you have a wart by looking in the mirror. You know you have a farm because the deed is on record at the court house. You know you have sixty dollars in the bank because the bank statement tells you so. But how do you know you have eternal life? It is infinitely more important than any of these things. Knowing you have it is likewise the most vital knowledge you can have. This first letter of John is not content with "We know"; the apostle goes on to say why we have every right to be sure. One outstanding reason is expressed in the sentence, "We know we have passed from death to life, because we love the brethren." (3:14.) You'll not be much of an athlete if you don't like athletes. You'll never make a farmer if farmers don't appeal to you and you have nothing to do with them. If you are a Christian, futhermore, you will surely love Christians. If you do love them, its a good enough sign for the apostle John.

Listening to the Word

The reader will find various other signs by which John says, we can know whether we have eternal life. This life cannot be looked at, it cannot be photographed, weighed or measured. Like any other kind of life, it can be known by its effects. You know a plant is living by the fact that it puts out shoots and leaves. You can't cut the plant open and see the life, but you can see from the way it behaves that it is living. So with eternal life. (And by the way, the reader will note that John speaks of "having," not "going to have" eternal life.) One more point may be noted here. John has different ways of expressing this assurance: We know we have passed from death to life . . . we know he abides in us . . . we know we are of the truth . . . we know that we abide in him . . . we know that we are of God. "Whoever knows God," he says (4:6), "listens to us." In other words, those who know God listen to one who speaks the Word of God. What kind of a lover is it who will not read his sweetheart's love letters? What kind of soldier is it who never reads nor opens an order from his superior officer? What sort of sports lover is it who never looks at the sports page? So it is fair to ask: How much of a Christian is one who never reads what his Father in heaven has to say to him in his Word? God's people love God's words.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in U. S. A., Released by Community Press Service.)

Washington Notes

CONVICTIONS UP

J. Edgar Hoover, Director of the Federal Bureau of Investigation, has announced that 94.6 per cent of the cases the bureau brought to trial in 1955 resulted in convictions, Convictions were at 96 per cent in the preceding fiscal year. In an annual report, Mr. Hoover noted fines, savings and recoveries in F. B. I. cases had exceeded $123,000,000, an all-time high and more than double the previous year's figure. The bureau apprehended 8,755 fugitivies during the year.

WHEAT QUOTAS

Farmers of the United States recently voted, for the fourth consecutive year, to restrict next year's crop of wheat, so it will not add to a record-breaking surplus. Unofficial, but virtually complete returns, gave 228,838 votes for Federal marketing quotas, and 32,767 against. In approving controls, farmers assured themselves of a national average price support of $2 a bushel on next year's production — the same as this year.

U. S. STOCKHOLDERS

Between 1952 and 1956, the number of individual owners of shares in publicly - held American corporations rose from 6,490,000 to 8,630,000. If holders in non-public companies are included, the number will total 10,000,000. Of shareholders in publicly - owned companies, 64.1 per cent have incomes of less than $7,500 a year. Women stockholders now outnumber men by 51.6 to 48.4. The typical (median) shareholder is 48 years old, compared with 51 four years ago.

NO URANIUM SEARCH

Colorado Springs officials believing that in the Garden of the God's scenery is more important than atomic energy, have declared the famous city-owned park "off limits" for would-be uranium prospectors, It was felt that any blasting might threaten the park's unusual formations, particularly its "Balanced Rock."

U. S. MOTTO

The 84th Congress passed, and sent to President Eisenhower, a bill adopting as the official motto of the United States the phrase, "In God We Trust." Congress, as early as 1865, voted to permit the phrase to be used on certain coins, and in 1908 required that the words be used on some coins. Then, last year, the legislators voted to require the use of the motto on all currency.

GOLDEN GLEANS

Be wiser than other people if you can, but do not tell them so.
—Lord Chesterfield

Knowledge is proud that he learn'd so much;
Wisdom is humble that he knows no more.
—Cowper

Wisdom cries out in the streets and no man regards it.
—Shakespeare

Truth would you teach, or would you learn,
Sinking land?
All fear, none aid you, and few understand.
—Dryden

Now Toy

We read in the "Business Briefs" column that a new toy for moos and can actually be sold. Probably just a tanyere. —Wall Street Journal.

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...era

...August 13.- It seems that ...mer is passing very fast.

...revival at the New Hope ...Church closed on Friday ...Church Hill, Tenn, the ...speaker. Right many addi... the church.

...Rev. Omar Barnette held a ...at Union Baptist Church ...week in August.

...a busy season at the cun... ...canning corn and ...Fruit is scarce.

...Willis Carter, Mr. Dick Car... ...Mrs. T. C. Harvey attend... ...fourth annual meeting of ...Virginia Hereford Association, ...Orange and Charlottesville ...day, August 11.

...T. C. Harvey, Mazie and ...were in Lynchburg Satur...

...ers in the home of Mr. and ...H. Watson on Saturday ...were Mr. and Mrs. T. C. Har... ...and Harriette.

...and Mrs. T. C. Harvey and ...visited in the home of ...Mrs. T. J. Harvey in Rich... ...Sunday. Harriette will ...for a week's visit with her ...mother.

...are sorry to hear of the con... ...illness of Mrs. Alice Grow. ...wish for her a speedy recovery.

...mattox is a growing town.

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In FASHION Now

The new look in suits seems to be shorter jackets. They are cut off at a point just beyond the waist. If the skirt is full, the jacket ends above the waist.

The new clothes are best described as softer. Cut is more important than ever before. The new dresses will often have an encircling belt under the seam or a flying panel down the back, its own jacket or a bloused top.

The sheath now features a bloused back or a row of brass buttons down the back or side to give it a bit more line. Bloused-back shirtdresses will be popular.

To qualify as new a hat must be big, bulky, and light in weight. The big hat trend this past spring will carry through fall and winter. Black is an important color. The little black dress is marked the chic woman a few years ago will be as necessary a part of the wardrobe for any woman who gets around a good bit.

Taupe will be a favorite neutral. The outstanding yellow of all affairs from will be used as trim on many suits and dresses. Green will be used as a neutral and dressed-up with all shades of brown and pick-up with saffron.

The new reds will go by such names as cedar and redwood. The brown will be seen again used for the little red cocktail dress or the short red coat, so becoming on a drab winter day.

There will be a good many capes in evidence. Many winter coats will feature a detachable cape.

The fur-colored suit, often double-breasted in cut, will add a new flavor to the classic suit line.

DELAY WORKS WELL

Chicago.- An estranged couple who stormed into divorce court determined to end their marriage, had to wait four hours for a hearing. In the meantime, the couple had changed their mind — they said they were disgusted with the arguing and shouting, usually over petty differences, by husbands, wives and lawyers in court. They wanted to give their marriage another try, and left, arm in arm.

The Soviet rejects Japanese claim for return of islands.

Cook Books AND CHECK BOOKS

...cook book helps the thrifty housewife to transform ...odds and ends of food into tasty dishes. A check book, through the record it provides, helps in the financial management of the family's funds.

Yes, in most homes, the check book is just as important as the cook book—or more so. You are invited to carry your Checking Account at this bank.

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Appomattox, Virginia
...mber of Federal Deposit Insurance Corperation.

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From where I sit ... *by* Joe Marsh

Turned Out To Be a Good Break

...had a water main break last ...day. Happened early in the ...morning—about two a.m.—and the ...disturbed most of us knew about ...it when we tried to turn on ...faucets and nothing came out ...but a hissing noise.

...Judy was inconvenienced ...though. Repair crew went ...to work—and things were ...not in jig time.

...Eventually, the water com... ...got a flood of payments on ...their bills that day. Lots of ...people—folks must have fig... ...that they were being warned!

From where I sit, sometimes our obligations slip our minds. Like the responsibility we all have to our communities . . . to see that our neighbors enjoy the right to decide for themselves how to work, how to vote, whether or not to enjoy a bottle of beer. Any time we "forget" we owe this right to *others*, we take a chance on stopping the flow of tolerance that makes this country such a grand place for *us* to live in.

Joe Marsh

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Summertime Thunderstorms Are Said To Be Dangerous

As the height of the summer season approaches, the frequency of severe thunderstorms with attendant strong and gusty winds, and dazzling lightening, also rises. We will be "living" with them through September—with time out, perhaps, for hurricanes—so a word or two about some precautions you can take to protect yourself from possible injury or death, seems in order.

The National Safety Council has pointed up the importance of seeking shelter from these squalls in low spots, avoiding electrical conductors, and taking shelter only in protected inclosures.

Two of the most dangerous spots in your own home in a lightning storm are an open window or a fireplace—since the bolts naturally follow air currents.

The council also advises that if you are caught outdoors avoid exposed shelters, hills, lone trees, and if boating, or swimming, come ashore. Swimmers' heads are a natural target for lightning and water is a natural conductor. The bolt doesn't even have to hit you, for a strike nearby would charge the water and electrocute you. Beach houses or improvised shelters are inadvisable.

You're safest prone on the ground, if caught in the open on a golf course, or, if possible, find a ditch to flop in. In the woods, seek out the thickest stand of timber—there's safetly there in numbers. The underside of a cliff is a fairly safe lightning haven, as is any ravine.

You're definitely in danger riding a bicycle, a tractor, or a horse; near fences, overhead towers and utility wires, the family clotheline (especially metal or wire lines) or in the act of entering or leaving your car. (Stay in your car until the worst is over—the rubber tires and steel construction effectively ground lightning.)

Inside your home, keep away from the fireplace, open windows, screen doors that are open, metal objects such as radiators, stoves, bathtubs and other electrical appliances. You're safest in the center of a room.

In order of their rank as the safest shelter from thunderstorms, are metal - frame buildings, first; wood; a car, large building without rods, third; a cave, and a small building with rods, last.

Lightning by itself damages or destroys an average of some $18,000,000 in property each year. The most frequent targets are telephone and power lines, but it does negligible damage here since they are excellent conductors of electricity.

When a bolt of lightning strikes a tree, it forms steam at extremely high temperatures within the pores of the bark, usually causing the trunk to split wide open.

Every year lightning kills about 500 persons in this country, but nine-tenths of the fatalities are in rural areas. An additional 1,300 are injured by the bolts out of the blue annually. Cases of injuries or deaths are rare in cities of more than 2,500 population - but sometimes occur. Chimneys, utility poles and wires are chief city targets.

If caught outside, it's a good thing to remember that lightning can and does strike twice in the same place. Isolated trees, especially pines that already been struck, should be avoided. Because of the pine's deep, well - grounded tap roots, it is especially susceptible to lightning.

By counting the seconds between the time you see a flash of lightning and hear the follow-up roll of thunder, you can determine how near the thunderstorm center is. A distance of one mile is indicated by counting five seconds. So, if 10 seconds elapse between the stroke and the rumble, the storm is some two miles distant. Since most of these summer storms move at from 25 to 35 m. p. h, you can judge how long you have to get indoors or find shelter.

Thunderstorms range the breadth and length of the United States. However, Tampa, Fla., boasts the most frequent visitations annually averaging 94. Sante Fe, N. Mex. runs second with 73. They are most bothersome in July, August and September, with the heaviest ones visiting the central states.

The anvil - shaped cumulonimbus —main body of a thunderstorm — is formed when a large volume of moist air is cooled to saturation. Strong vertical currents up to 50 m. p. h. hurl moist air upward in turbulent streams. As the air cools, the main body of the storm boils up many thousands of feet, while the upper decks of stratocumulus and altocumulus are flung outward in all directions.

After the anvil wedge of cirrus clouds (ice crystals) caps the storm cloud, rain begins to plunge earthward in dark streaks.

Lightning darts about as the raindrops fall into the strong vertical currents and are split asunder and become electrically charged. When a cloud becomes supercharged with electricity, a flash of lightning jumps from cloud to earth, or from earth to cloud, or from cloud to cloud.

Health and Beauty

There are many foods that will actively assist in burning up excess fat, and in expelling poisons which we have allowed to inhabit our systems through the long winter months.

Fruits and vegetables are low in price, and especially low in calorins. Fill up on them and you'll be better health and look more beautiful. Many authorities tell us that she should stress the foods that contain the "beauty vitamins." They even go so far as to say that leave one of them from your diet and there is no beauty. The wonderful thing about the healthful "beauty foods" is that they are easy to prepare and a big help to the busy homemaker.

The big three of the balanced diet are proteins, carbohydrates, and fats. They are important in just the order given. Proteins are the building blocks of the body, carbohydrates (sugars) and fats work hand-in-hand in supplying energy to the body. Fats are our most concentrated sources of energy and they are broken down in the digestive tract into fatty sugars to produce quick energy.

Mutual sugars are more beneficial than artificial sweets. Try to train your family to enjoy fresh fruits for after dinner sweets.

Vitamins and minerals play an all important part in good diet and during the summer it is easy to get an abundance of these through fresh fruits and vegetables. Always keep in mind that protein, not bread, is the staff of life.

During the heat of the summer it may be more appealing to most of us to eat one of the substitute proteins rather than a serving of hot meat. If this is so with your family, try some of these substitutes:

Cottage cheese, jellied consummes, fish or chicken in aspic, jellied meats, skimmed milk, skimmed milk ices.

Avoid sweet drinks such as colas, ice cream sodas, soda waters, and the like. They will add weight to the body with no resultant dietetic benefit.

Britain has ordered all normal releases of Army troops and officers from active duty halted. Reinforcements for the Middle East embarked in a wartime atmosphere.

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